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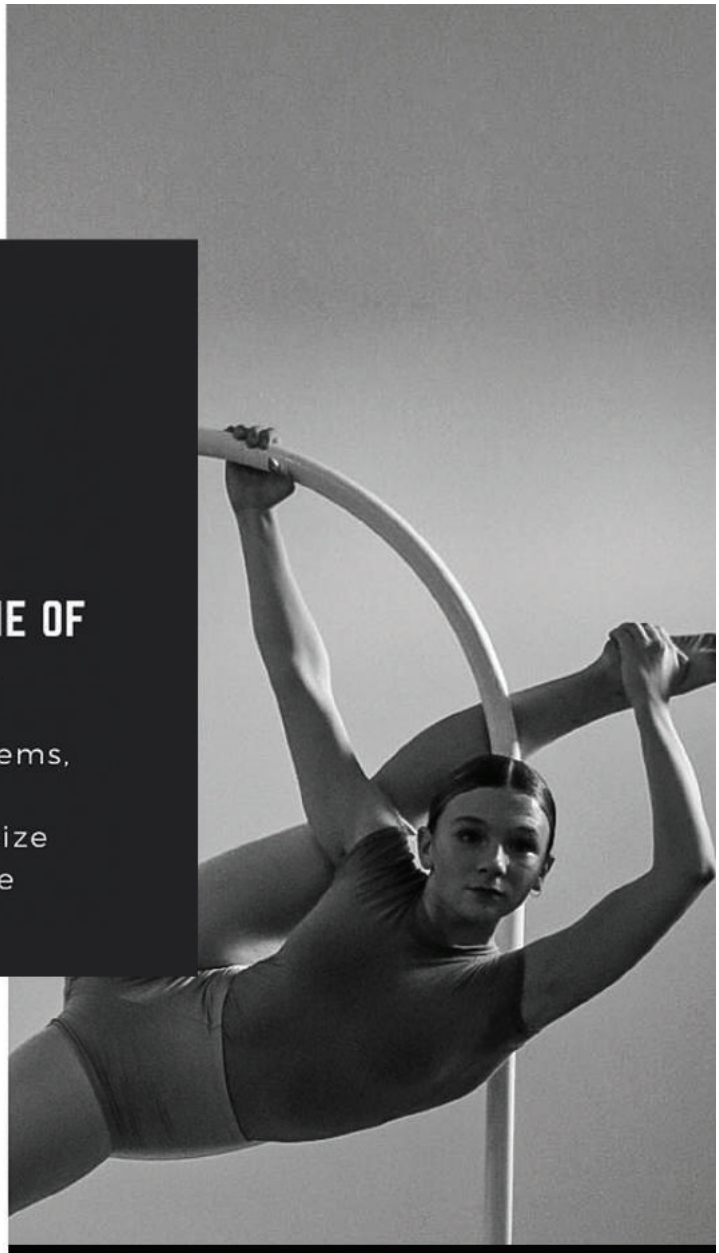

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Foam rolling that doesn't hurt

By Gwen MacLean for Living Balance Clinic

GWEN MACLEAN RMT, CSI
551 Knights Hill Road, Unit 2
London Ontario
519-601-6602
www.gwenmaclean.ca
@structuralintegrationlondon

Do you use a foam roller or balls to work out tight spots in your body? Let me tell you about a rolling protocol that I use – and recommend my clients use – to improve injury recovery, have better balance and coordination, relaxation, increase range of motion, improve posture and decrease pain levels.

'Relief Through Rolling' is a program that brings significant and profound relief of both acute and chronic pain in a simple pain-free method. Relief Through Rolling came about by creating techniques that mimicked the work in the Rolf Method of Structural Integration 10 series.

Rolf Method of Structural Integration (RMSI) is a specialized 10-session process that utilizes a combination of safe touch with safe movement to elect massive positive change. It works with the connective tissue and the nervous system to create long term change in the body. Relief Through Rolling (RTR) is part of the self-care program that I provide to keep and enhance the improvements made, as well as a way to reduce and relieve pain and dysfunction.

Kevin Lucas, Board Certified Structural Integrator who works with clients that have severe chronic pain, developed the RTR techniques to provide his clients with a way of relieving their pain in the moment it is happening – as opposed to relying on therapy all the time.

Overuse, underuse and injury causes connective tissues to shrink and become sticky and prevent the muscle cells from moving most efficiently. Connective tissue is a shock absorber which distributes stress and tension. If the connective tissue is not moving freely and is sticky, it is not absorbing and not allowing the body to move as it should.

In RMSI, we do not work on lengthening connective tissue but on disrupting the nervous system and giving it an opportunity to reset. We do this by using a gentle touch combined with particular gentle movements from the client and some brain repatterning exercises.

RTR is a non-painful way to roll which sends a calming signal to the brain. The connective tissue is able to soften, and the body has a new way of being.

A medium density roller (EVA foam) is used to facilitate more contact with the body (hard rollers and rumble style rollers too aggressive for the tissue). We are not lengthening fascia – the nervous system allows it to change. No pain while rolling is key to tapping into the nervous system to get change in the tissue. Rolling at a slow speed allows the most change to happen.

Try this simple rolling method with a kid's bouncy ball right now...

Use the soft ball to roll your palms and forearms. Place the ball on a table and slowly, without pain, roll the ball in 3 parallel lines up and down your forearms – on the front and then the back. Compare this arm to the other arm. How does it feel? Relaxed and more mobility? Think what could happen to the rest of your body?

I can teach you these specific techniques in 1-2 sessions, and they will really change how you look at what you do with your body on a regular basis – and how there can be a different way with your home and gym recovery techniques..

www.livingbalanceclinic.ca

Read on and try this exercise at home to learn the benefits of 'Relief Through Rolling,' which helps tackle both acute and chronic pain.

London SportsXpress .ca

September/October 2022
London & Area Edition

thelineup

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Calendar of Events

Contact: London@SportsXpress.ca

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Sept 24
Fanshawe Mens and Women's Soccer vs Sheridan, Fanshawe College

Sept 24
Waterloo Warriers vs Western Mustangs, Western Alumni Stadium

Sept 25
Railway City Road Races, Elgin County Railway Museum

Sept 25
Seize the Day 5K Run/2.5K Walk, Graham Family Eco Park

Sept 25
Community In Motion Fun Run, Springbank Gardens

Sept 30
London Knights Home Opener vs Owen Sound Attack, Budweiser Gardens

Sept 30
Prospect Series Finals, Western Fair Raceway

Oct 2
Springbank Road Race, Springbank Park

Oct 4
Ontario Sires Stakes Gold, Western Fair Raceway

Oct 6-9
Wendy Dutton Memorial Hockey Tournament, Western Fair Sports Centre

Oct 7
The Veteran's Classic, Western Fair Raceway

Oct 8
Pumpkin Spice 5K, Greenway Park

Oct 8
Pumpkin Smasher Enduro & Demolition Derby, Delaware Speedway

Oct 12
Fanshawe Mens and Women's Soccer vs St. Clair, Fanshawe College

Oct 13-16
Drew Doughty Ronald McDonald House AAA Invitational, Western Fair Sports Centre

Oct 15
Fanshawe Mens and Women's Soccer vs Mohawk, Fanshawe College

Oct 15
Windsor Lancers vs Western Mustangs, Western Alumni Stadium

Oct 16
Pinery Fall Classic 5K, 10K & 2K Fun Run, Pinery Provincial Park

Oct 18
London Classic Yearling Sale, Western Fair

Oct 28-30
Junior Knights Fall Classic Tournament, Western Fair Sports Centre

Oct 30
Halloween Haunting 10K, 5K & 2K Fun Run, Springbank Park

Nov 4-6
London Lynx Ringette Tournament, Western Fair Sports Centre

Nov 11-13
Junior Knights Green & White Tournament, Western Fair Sports Centre

Nov 12
The Foolish Fox Trail Race, Thames Valley Golf Club

Nov 18-20
Nazim Kadri North London Classic, Westen Fair Sports Centre

Nov 25-27
London Devilettes Senior Fall Classic, Western Fair Sports Centre

Nov 26
Vanier Cup, Western Alumni Stadium

Jan 13-15
London Badits Memorial Tournament, Various arenas

Jan 20-22
London Blizzard Invitational Sledge Hockey Tournament, Western Fair Sports Centre

Jan 27-29
Doug Jarrett Memorial Tournament, Various arenas

Feb 3-5
London Devilettes 30th Annual Tournament, Western Fair Sports Centre

SportsXpress Network

September/October 2022

PUBLISHER/SALES: Greg Matthison
GregM@SportsXpress.ca · 519.619.6029
London.SportsXpress.ca

EDITOR Todd Devlin
WEB Alyssa MacLeod
GRAPHIC DESIGNER Britt Cobean

CONTRIBUTORS
Gwen MacLean, Tom Creech, Dylan Baker, EBBA, Snipe Academy, London Minor Lacrosse Association, Tourism London, London Sports Hall of Fame, Western Mustangs, Forest City Volleyball Club, George Bray Sports Association, YMCA, London Mens Baseball League, the SportsXpress Team and local sports enthusiasts.

PHOTO CONTRIBUTORS
Ben Maessen, KPH Photography, George Bray Sports Association, Living Balance Clinic, London Minor Lacrosse Association, YMCA, EBBA, Tourism London, Forest City Volleyball Club, Western Mustangs, Snipe Academy, the SportsXpress Team, various sports group photographers and community sports fans.

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LONDON BLUE DEVILS LACROSSE NEWS

LACROSSE SEASON IS UNDERWAY

The 2022 lacrosse season was a welcome back to regular play for the organization, and it was amazing to see all the kids back out on the arena floor with sticks in hand again! We had some great successes, with two teams making it through to the A division for Ontario and one team winning the provincials for their division.

U13 Rep 1 qualified A at the end of the regular season, made it through to the top six for Ontario Provincials, and ended up placing 5th in the province!

U15 Rep 1 qualified B at the end of the regular season and won their division's gold in the Ontario Lacrosse Provincials!

U17 Rep 1 qualified A at the end of the regular season and played in the Ontario Summer Games, winning bronze!

Overall, the 2022 lacrosse season was a great success for the LMLA, most importantly, a lot of fun for all the kids who had the opportunity to play competitive lacrosse again. We're excited about the future of lacrosse and looking forward to next year! Stay tuned to our socials for updates, news, and information about the upcoming 2023 season.

First All-Star Saturday a success

Submitted by London Mens Baseball League and photos by Ben Maessen

A Midsummer (soon to be) Classic. The word classic means 'judged over a period of time to be of the highest quality and outstanding of its kind.' This is why we mention 'soon to be,' because the 1st ever LMBL All Star Saturday Night, on August 6, was an astounding success.

The event started with the Hardest Pitch Competition, with plenty of participants involved. Ryan Zammit of the Brewers threw his way into winning the lead and no one would go above his sizzling 78mph. In addition to the notoriety of having the fastest pitch, Ryan also took home a gift card from The Morrissey House.

Next up, the Fastest Player Challenge. Each runner seemed to be faster than the next. No one was able to keep up with Steve 'The Flow' Froese of the Expos, though. He dispatched his other contenders, running from 1st to 3rd in 8.20 seconds. Steve also ran away with a gift card from Eleven Sixty Bar and Grill.

Our Skills Competition was highlighted by the LMBL Home Run Derby. Lots of deep shots were recorded with the nearly 20 sluggers who came to the plate, and the winner was the Blue Jays' Andrew Mercier. Andrew was also given a custom bat from HRD BAT Co.

As the sun started to set, the first pitch of the All-Star Game was smashed to right field for an easy standup double by eventual MVP of Team Red, Joel Rypan (representing the Rays). Joel was gifted a prize pack from Echo Valley for his stellar game.

The pace and skill of the game was fitting of a playoff game. The eventual winner was Team Blue, taking down Team Red 7-0, but the game strangely felt closer than the score. Team Blue's Jordan Satchel (representing the Expos) earned MVP honours for the winning team. He was also given a customized bat from HRD Bat Co.

The LMBL is all about having a league for players to continue playing the game they fell in love with as a kid. Part of the game is about sportsmanship, and we recognized Jaime Kruspel (of the Red Sox) for his sportsmanship at the All-Star Game – and throughout the season. Anderson Craft Ales will be treating him and his team with a tasting at their facility.

The success of the event could not have happened without the countless volunteers, players, the LMBL executive, the over 100 fans that came to watch, and of course our significant others who support our love of the game every Sunday throughout the summer.

Now, back to our regularly scheduled games...

www.lmblbaseball.ca

The Factory-sponsored balloon toss during the 4th inning stretch!

The LMBL, an over-30 baseball league, held its inaugural All-Star Saturday on Aug. 6, which included skills competitions and a game – won 7-0 by Team Blue – at Dan Pulham Field.

That's a wrap!

Submitted by Eager Beaver Baseball Association

The 2022 EBBA baseball season has come to an end – but what an amazing year of baseball! With two seasons of not playing ball, finally seeing all the kids back out on fields was a welcomed site.

With a lot of first-time ballplayers coming out and giving the sport a try, and having a lot of them say they will come back, was a victory on its own!

At the annual Colman Day event at Labatt Park, the smiles and laughter from all who attended was another fantastic moment. The excitement of players and coaches as they had the opportunity to play on the beautiful and historic field is just one of the many great memories of the season.

EBBA flourished in its return to ball diamonds in 2022 after two years away. There were smiles, there was laughter, and there were great baseball memories – including from the annual Colman Day at Labatt Park.

Without all the volunteers who put in many, many hours, this season would not have been as successful. If you have an interest in volunteering next year, we're always welcoming new volunteers. Keep an eye out for the information for the AGM (Annual General Meeting)!

For more information, and for questions or concerns, please visit the EBBA website at www.ebba.ca.

www.ebba.ca

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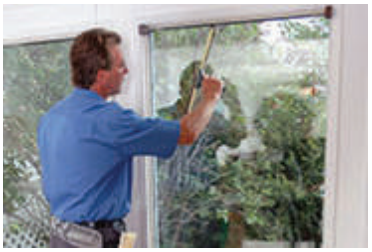

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30 years, stronger than ever

Submitted by Forest City Volleyball Club

The Forest City Volleyball Club is serving up its 30th season of youth volleyball, and we would like to thank our community for their ongoing support and trust in our high-performance coaches and programs.

More than 400 athletes participated in competitive team tryouts for the 2022-23 FCVC season. We are proud of all athletes for their effort and enthusiasm during tryouts, which made team selection difficult. Congratulation to all rostered athletes across our 21 teams. We look forward to following your individual development and team success throughout the season!

New this year, FCVC has launched an exciting new Greenhouse Youth House League! This program is geared towards athletes in grades 7-10 who have graduated from our Acorn program or are playing for their school teams and want more! Registration is now available for our Fall and Winter sessions on our website.

Our ever-popular Acorn program is sold out for the Fall. Registration is open for our Winter session. This program is an excellent way to build skills in preparation for our competitive teams. The Mini-Acorn Fall program is now open for registration for our youngest kids (aged 4-8). Introductory volleyball skills are combined with physical movement in an energetic session that shows you are never too young to start your volleyball journey!

We wish all of our FCVC athletes, big and small, a terrific year ahead! Go FC!

13U Boys team with head coach Pete Sidler. The Forest City Volleyball Club (FCVC) is celebrating 30 years, and its 21 competitive teams are excited about the new season ahead!

forestcityvolleyball.com | facebook: FCVCLondon twitter: @go_fcvc | instagram: forestcityvolleyball

HOF Induction returns this fall

Contributions by Tom Creech

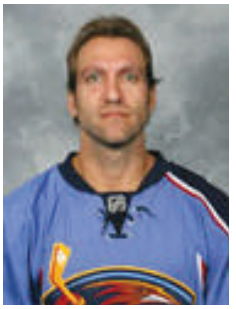
After an absence of three years, London and area residents will have the opportunity to pay tribute in person to a collection of London and Middlesex County residents who have made a significant difference to the local sporting community.

On Thursday, November 3 at the Hellenic Centre, the class of 2022 will be inducted into the London Sports Hall of Fame.

The 2022 inductee lineup includes:

- Jim Agathos – A long-time financial supporter, community leader and organizer of minor sports in London for almost four decades.
- Steve Rucchin – A Sir Frederick Banting High School and Western University grad who played 12 seasons in the National Hockey League.
- Coach David-Lee 'Trace' Tracey – A cheer competition innovator and coach of Western's co-ed cheerleading team for four decades.
- Jessica Zelinka – A record-setting heptathlon athlete and former Olympian.

Jim Agathos


Steve Rucchin

David-Lee 'Trace' Tracey

Jessica Zelinka

The Hall of Fame, now in its 21st year of operation, was the brainchild of longtime London Free Press sportswriter/editor Bruce Huff, whose tireless efforts on behalf of the Hall were recognized with his own induction in the Builder/Founder category in 2008. The Hall selection committee reports to the London Sports Council, which was established by the City of London in 2001.

Also honoured the evening of Nov. 3 will be the 2022 Spirit of Sport awards, which recognize the contributions of volunteer coaches and administrators in the minor sport, elementary school and high school levels.

Tickets are available at $65 each (or a table of 8 for $500) by calling the London Sports Council at 519-438-7203, ext. 370.

londonsportshalloffame.com

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Vanier prep in full swing

Submitted by the Western Mustangs

Tickets officially went on sale (beginning Sept. 8) for the upcoming Vanier Cup, hosted for the first time by London and Western University, and the excitement will continue to build heading towards the Nov. 26 U SPORTS national football championship game.

"The launch of tickets sales is such an exciting stage of planning for this event," Christine Stapleton, Western Director of Sports & Recreation, said in early September. "And we're thrilled to provide family-friendly ticket prices to help make this national championship game as accessible as possible to fans throughout London and Southwestern Ontario."

Early bird ticket pricing, which runs until mid-October, starts at $25. As part of the Vanier Cup experience, there will also be a 'Fan Fest' prior to the game, along with a fun-filled halftime show, with more details to come in the next few weeks (see VanierCup.com).

"We're excited to announce along with Western, the City of London and Tourism London, affordable options for fans to attend this year's Vanier Cup game," said Lisette Johnson-Stapley, U SPORTS chief sport officer. "The host committee has intentionally set ticket prices in this range so families and fans of all ages can be part of this historic first Vanier Cup in London."

Faulkner named honorary chair

Also announced in early September, retired London Police chief Murray Faulkner was named honorary chair of the 2022 Vanier Cup organizing committee.

"I was thrilled to be asked to be the honorary chair because I'm a football fan, a huge Western Mustangs football fan, and I have had great friendships dating back several years with (the late coach) Darwin Semotiuk and coach (Greg) Marshall," said Faulkner. "This is a nationally televised event that will promote our city, and I'm excited to do my part to help showcase that to as many people as possible."

Faulkner has been involved with many initiatives in the city, including the Special Olympics, the Memorial Cup and the Brier – and also as a Former Honorary Colonel

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"Simply put, Murray is a champion of the city of London and will be wonderful in this role," said Stapleton. "His connection to the city, the university and the Mustangs program, along with his natural leadership, will be invaluable to us and we are so excited to have him be a part of the event planning. Murray loves football and London which makes this a perfect fit."

Faulkner believes this is a prime opportunity for the city to showcase itself to the entire country, and to show why London is a great football community. He also feels the recent updates to Western Alumni Stadium will be a big draw.

"We have such an incredible facility to play this game in; brand new turf, brand new lights, brand new PA system, along with the upgrades to the bleacher seating (on the west grandstand) – it looks phenomenal," said Faulkner. "We now call on our community to support this marquee event for the city. Together, I know we will create a first-class experience for football fans."

Full event details, ticket information and more can be found at VanierCup.com.

westernmustangs.ca

Murray Faulker, honorary chair, 2022 Vanier Cup organizing committee.

Puck-stopping project a hit

Contributions by Snipe Academy

It's a program that launched at the beginning of the COVID-19 pandemic – and it was a hit. Now, it's a must for netminders looking to improve their skills and take their game to the next level.

The Goalie Project, a pro goalie training program offered by Snipe Academy, leverages the Academy's skill ice with its goalie ice to save parents money and stretch their hockey training dollar. Oh, and it features pro coaches passing on their knowledge to help the development of young goalies and propel them to the next level in their hockey careers.

Pro goalie training costs only $80 for private lessons on the synthetic ice at Snipe Academy headquarters, and $80 for on-ice training groups of four which include paid shooters and a pro coach. For example ...

Each goalie session has two nets going, a maximum of four goalies, a pro goalie coach and two paid shooters helping to give each goalie plenty of reps while challenging them as they improve their skills. The program even includes power skating, goalie-specific movement sessions and goalie battle drills.

And it's led by coaches who run skills training with a keen attention to detail for both on-ice drills and off-ice mentoring.

Eric Rogers, who brings 11 years of coaching experience to his training at Snipe Academy, has worked with goalies from the OUA to the OHL, AHL and NHL levels. Rogers himself was mentored by NHL goalie coaches, and his style features fast-paced drills, edge work, over slides and positioning.

Brendan O'Neill has seven years of professional goalie coaching experience, and he's worked with a wide array of netminders, from the beginner levels to the semi-pro ranks. O'Neill was a goaltender himself for three seasons in the OHL and another five seasons in the OUA.

www.snipeacademy.com

Goalies are getting top-notch training at Snipe Academy through The Goalie Project, a program led by pro coaches that focuses on reps, skill development and mentorship to help young goalies reach the next level.

Full steam (and full season) ahead

By Dylan Baker and photograph by KPH Photography

The Komoka Kings are entering their 6th season in Komoka (5th full season, which doesn't include the pandemic-lost 2020-2021 campaign) – and they're coming in with excitement and energy for the new season.

Last year, the Kings put up a .500 record for the first time in Komoka, winning 22 games – their highest total since making the move. This year, with 25 home games on the schedule, the Kings are excited to continue the organization's growth – and with no restrictions on attendance this season.

The home portion of the season kicks off on September 10 at the Komoka Wellness Centre against the Chatham Maroons, with puck drop at 7:15pm. Later in September, the Kings will head to Pelham for the annual GOJHL Showcase, where they'll face the Thorold Blackhawks on Friday, Sept. 23, and the Brantford Bandits on Sunday, Sept. 25.

The months of October and November each feature five home games for the Kings, including four Saturdays at 7:15pm, and a Sunday afternoon game in each month. The Kings have three home games in December, then four in January, including two against the St. Thomas Stars.

The regular season will conclude in February, during which the Kings will play six games at home, including the team's annual Family Day game, on Monday, Feb. 20 (1:15pm), against the Maroons. That contest is one that many fans and members of the organization look forward to. There's no better way to celebrate a day for families than coming out to catch some awesome junior hockey action.

www.komokakings.com

Captai Chris Crocker, one of many key returnees to the Kings this season, tallied 20 points in 43 games last year for the club.

2022-23 HOME SCHEDULE

Oct. 1 vs. Sarnia Legionnaires *
Oct. 8 vs. St. Thomas Stars *
Oct. 22 vs. St. Marys Lincolns *
Oct. 23 vs. Strathroy Rockets **
Oct. 29 vs. Leamington Flyers *
Nov. 5 vs. Sarnia Legionnaires *
Nov. 12 vs. London Nationals *
Nov. 13 vs. Strathroy Rockets **
Nov. 19 vs. LaSalle Vipers *
Nov. 26 vs. London Nationals *
Dec. 3 vs. Chatham Maroons *
Dec. 10 vs. LaSalle Vipers *
Dec. 17 vs. Leamington Flyers *
Jan. 7 vs. St. Marys Lincolns *
Jan. 14 vs. Sarnia Legionnaires *
Jan. 21 vs. St. Thomas Stars *
Jan. 28 vs. St. Thomas Stars *
Feb. 4 vs. St. Marys Lincolns *
Feb. 5 vs. Strathroy Rockets **
Feb. 11 vs. London Nationals *
Feb. 18 vs. Leamington Flyers *
Feb. 20 vs. Chatham Maroons ***
Feb. 25 vs. LaSalle Vipers *

*Saturday 7:15pm **Sunday 4:15pm
***Monday 1:15pm

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Buffalo Bills vs.

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Oct 9	Pittsburgh Steelers - $499
Oct 30	Green Bay Packers - $499
Nov 13	Minnesota Vikings - $299
Nov 20	Cleveland Browns - $299

Detroit Lions vs.

Oct 2	Seattle Seahawks - $259
Oct 30	Miami Dolphins - $259
Nov 6	Green Bay Packers - $289
Nov 24	Buffalo Bills - $299
Dec 11	Minnesota Vikings - $259

Detroit Red Wings vs.

Nov 28	Toronto Maple Leafs - $199
Jan 12	Toronto Maple Leafs - $199

See website for details.

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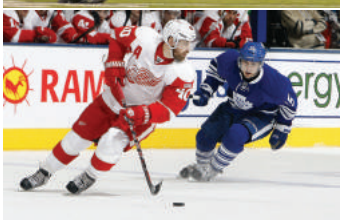

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Back and ready to play!

Submitted by George Bray Sports Association

As we prepare to say goodbye to our hot summer days, our thoughts turn to back to school and, of course, to the start of hockey. The George Bray Sports Association has been preparing to welcome back all of our players for a new season of Canada's game of hockey!

We're all so thankful to be part of this 'Hidden Gem' of a league. The GBSA, which was established in 1968 by George Bray, started with a big idea: to allow children and young adults with special needs to play hockey. In the beginning, we had only a handful of players. Since then, our objective has been – and continues to be – to grow the league.

Prior to the COVID-19 pandemic, we registered over 240 players – and outfitted almost half of those players with our loaned equipment. We have three divisions – Junior (including a Fundamental's group for beginners), Intermediate, and Senior. Due to the pandemic, a number of our players were not able to participate last season. But with COVID restrictions now lifted, and so many people having been vaccinated, we hope to see everyone back on the ice this year.

GBSA has a no-cost equipment loaner program and a hockey school to help players sharpen their skills and/or improve their skating. Our registration fees continue to remain low (only $180 for all divisions and $70 for Hockey School), thanks to the continued support of our dedicated sponsors.

The GBSA board members, coaches and on-ice skaters are all volunteers, which also helps to keep our fees low – and they're among the most caring people you will find in sports.

We know you're out there ... Everybody knows somebody who can benefit from this league: Teachers, Educational Assistants, relatives, friends, and neighbours. We need your help to spread the word!

Our registration dates for the 2022-2023 season, held at Kinsmen Arena (20 Granville St.), are Sept. 10th, 14th, 17th and 21st. The first puck drops Saturday, October 1st. All games are played on Saturdays.

For more information about the George Bray Sports Association, check out our website at georgebraysports.ca and like us on Facebook!

www.georgebraysports.ca

The George Bray Sports Association, which provides youth and young adults with special needs the opportunity to play hockey, is back in full force! And the organization is looking to grow its registration numbers for the 2022-23 season.

Activity – and inclusivity

Submitted by YMCA of Southwestern Ontario

As we continue to ease out of the pandemic, it's important for individuals of all ages to be active due to the sedentary routine the pandemic pushed us into. However, being active can be difficult – for adults and children alike.

Entering a fitness facility can be intimidating, whether it's your first time or your return after an extended time away. Plus, the traditional gym experience may not your preferred way of being active and is certainly not design for children.

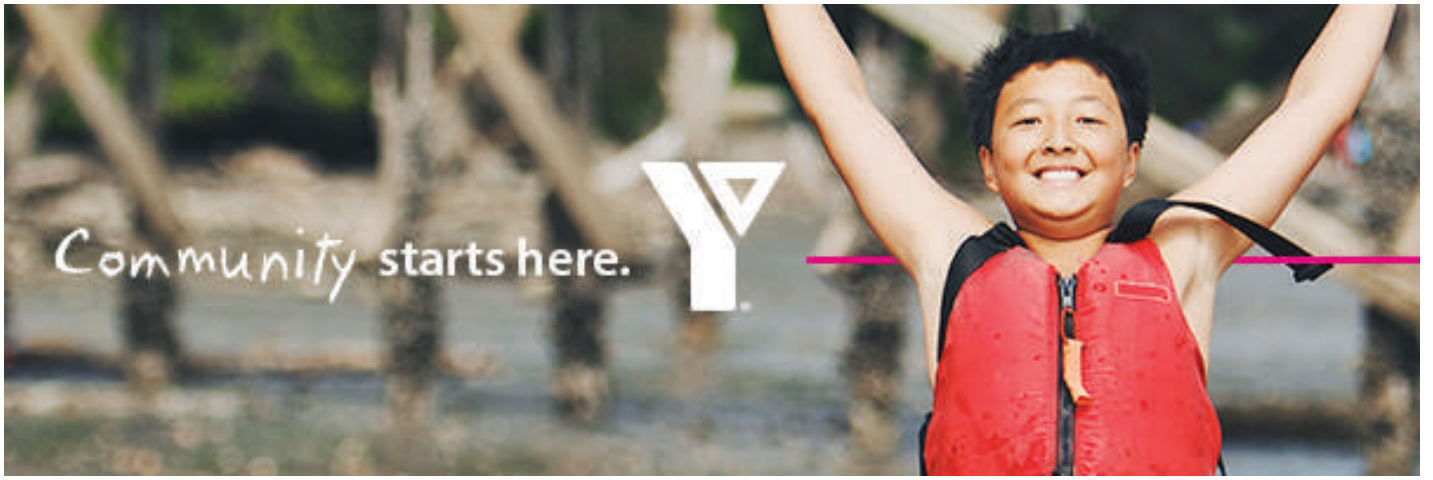
What's important to remember is that being active or going to the gym doesn't have to mean running on a treadmill or 'pumping iron.' There are many other ways to maintain an active lifestyle while being part of the fitness community at the Y.

Many different programs are offered by the 15 Y locations across Southwestern Ontario – and they're all focused on providing community members with a safe and inclusive environment to meet your fitness goals. Our programming is constantly involving, as well, to meet the desires of our diverse community of members.

Unlike most other traditional fitness facilities, the Y welcomes children of all ages into our facilities. Most commonly, you will find our child members learning the basics of water safety in one of our many pools across the association or learning the rules of a new sport in one of our gyms. Our child members will also see a new range of programming introduced as we continue to enhance their experience within our community.

www.ymcawo.ca

No intimidation and a welcoming environment is what the Y offers – for people of all ages – as they pursue a healthier, more active lifestyle.



2022-23
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OWEN SOUND Sept 30 • 7:00PM	OSHAWA Dec 6 • 7:00PM	OWEN SOUND Jan 20 • 7:00PM
S.S. MARIE Oct 7 • 7:00PM	OTTAWA Dec 9 • 7:00PM	KITCHENER Jan 22 • 2:00PM
MISSISSAUGA Oct 14 • 7:00PM	PETERBOROUGH Dec 10 • 7:00PM	SAGINAW Feb 3 • 7:00PM
SAGINAW Oct 21 • 7:00PM	OWEN SOUND Dec 16 • 7:00PM	KITCHENER Feb 8 • 7:00PM
NORTH BAY Oct 28 • 7:00PM	FLINT Dec 17 • 4:00PM	ERIE Feb 10 • 7:00PM
SUDBURY Oct 29 • 7:00PM	ERIE Dec 28 • 7:00PM	SARNIA Feb 17 • 7:00PM
ERIE Nov 4 • 7:00PM	SARNIA Dec 31 • 4:00PM	WINDSOR Feb 20 • 2:00PM
BARRIE Nov 11 • 7:00PM	GUELPH Jan 3 • 7:00PM	SARNIA Feb 24 • 7:00PM
S.S. MARIE Nov 13 • 2:00PM	HAMILTON Jan 6 • 7:00PM	KINGSTON Mar 17 • 7:00PM
FLINT Nov 18 • 7:00PM	GUELPH Jan 13 • 7:00PM	WINDSOR Mar 24 • 7:00PM
GUELPH Nov 29 • 7:00PM	WINDSOR Jan 15 • 2:00PM	KITCHENER Mar 26 • 6:00PM
NIAGARA Dec 2 • 7:00PM		

Vanier Cup coming to London

Submitted by Tourism London

Western University and the City of London, Ontario will host the Vanier Cup this year, and the 2022 edition is set for Saturday, Nov. 26, 2022 (1 pm ET) at Western Alumni Stadium.

The 57th edition of the Vanier Cup is the first U SPORTS football championship to be contested in the Forest City. London has become the seventh city to host the Canadian university football championship since its inception in 1965. The Vanier Cup has been played on 41 occasions in Toronto, seven times in Quebec City, five times in Hamilton and once in both Vancouver and Saskatoon.

It is the second time in history that the defending Vanier Cup champions have the potential to uphold their crown on home turf after the Mustangs captured the 2021 championship over the Saskatchewan Huskies 27-21 last December. Laval was the only program to successfully retain their title in front of their home fans when they raised the trophy at Stade Telus-UL in 2013.

"U SPORTS is thrilled to partner with the City of London, Tourism London and Western University to present this 57th edition of the Vanier Cup," said Lisette Johnson-Stapley, U SPORTS Chief Sport Officer. "London and Western offer the participating teams and fans outstanding accommodations, restaurants and sports facilities. We know guests travelling to the 2022 Vanier Cup will have a memorable experience, and we can't wait for kickoff on Nov. 26."

One of the many advantages of hosting the game at Western is the institution's long history of sporting excellence. The Mustangs football team has appeared in a record 15 Vanier Cup games, having hoisted the chalice on eight occasions.

"It's just wonderful to be hosting the Vanier Cup," said Western University president Alan Shepard. "We're excited for the opportunity to celebrate Western's proud football tradition, showcase all the great things our University and City have to offer, and welcome fans from near and far to the newly renovated Western Alumni Stadium – now featuring a CFL-regulation-sized playing surface and seating for over ten thousand spectators."

The 2022 Vanier Cup partnership is an extension of a collaboration between U SPORTS, Western University and The City of London that will also see the City host the 2023 FISU World University Rowing Championships next July.

"Tourism London is excited to partner with U SPORTS and Western to bring the Vanier Cup to London for the first time, said Zanth Jarvis, Director of Sport Tourism with Tourism London. "Hosting an event of this calibre continues to highlight London as a premier sport hosting destination in Canada while also providing a significant economic impact to our community. We look forward to show-

casing London's history and passion for football as we welcome fans for the 2022 Vanier Cup."

The 2022 Vanier Cup championship logo integrates a local landmark into the visual identity of the championship. This year's emblem features the Middlesex Memorial Tower at University College, a century-old monument dedicated to the fallen Canadian service people from Middlesex County who died in the First World War.

The 2022 Vanier Cup is a showdown between the Uteck and Mitchell Bowl national semifinal winners on Saturday, Nov. 19. The Mitchell Bowl pits the Réseau du sport étudiant du Québec (RSEQ) Dunsmore Cup champions against the Ontario University Athletics (OUA) Yates Cup champions. At the same time, the Uteck Bowl will see Atlantic University Sport (AUS) Jewett Trophy winners host the Canada West (CW) Hardy Cup champions.

The 2022 edition of the Vanier Cup will be broadcast in English by CBC Sports and in French by TVA Sports, in addition to being available on both broadcasters' digital platforms.

Tickets for the 2022 Vanier Cup are on-sale now starting at $25. Visit VanierCup.com to secure yours today! VIP and Premium ticket packages are also available, contact tickets@uwo.ca to learn more.

VanierCup.com

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